



## *The Human Ecology Foundation of Canada*

Hamilton

Kitchener

Ottawa

Toronto

P.O. Box 11428  
STATION "H"  
OTTAWA, ONTARIO  
K2H 7V1  
AUGUST 1982

### OVERCOMING STRESS THAT IS ASSOCIATED WITH ENVIRONMENTAL ILLNESS

A TALK BY

CAREY S. STEVENS, PH.D., REGISTERED PSYCHOLOGIST

SPONSORED BY  
THE OTTAWA BRANCH  
THE HUMAN ECOLOGY FOUNDATION OF CANADA

THE CONTROL OF STRESS IS A SIGNIFICANT FACTOR IN THE TOTAL RECOVERY OF THE ENVIRONMENTALLY ILL PATIENT. DR. STEVENS WILL DISCUSS THE EFFECTS OF STRESS ON THE ENVIRONMENTALLY ILL AND METHODS OF REDUCING STRESS. HE WILL DEMONSTRATE THE USE OF EQUIPMENT TO ACHIEVE A PROPER STRESS BALANCE AT THE

ASSEMBLY HALL, MCNABB COMMUNITY CENTRE  
180 PERCY STREET

7:30 PM, THURSDAY, SEPTEMBER 23, 1982

PLEASE!!!

NO PERFUMES ::: NO SMOKING ::: NO AFTER-SHAVE  
MANY MEMBERS ARE HYPERSENSITIVE TO THESE PRODUCTS

TURN

## **DR. CAREY S. STEVENS**

Dr. Stevens has been educated and trained in both the United States and Canada, completing his Ph.D. at the University of Ottawa. He is a partner in the Centre for Biofeedback and Stress Alleviation. The Centre provides clients with alternative skills and lifestyles with respect to stress management, relaxation training, anxiety management training and biofeedback. Specifics include the use of biofeedback in dealing with phobias, systematic desensitization, irritable Colon syndrome, Reynaud's Disease, headaches and general relaxation procedures.

Research within the Centre includes the use of biofeedback as an alternative to treating hyperactivity and learning disabilities.

### **WHAT IS ENVIRONMENTAL ILLNESS?**

People who are environmentally ill are no longer able to adapt well to common exposures in their everyday environment. They may develop a variety of chronic or acute symptoms that are brought on by substances in the air, in food, or in water.

Natural inhalants such as pollens, dust and moulds, and even natural foods may begin to affect people adversely. This aspect of the condition is often referred to as allergy. But the many synthetic chemicals that are now common around us can also cause symptoms, and overexposure to these can trigger environmental illness even in those with no history of allergy or other sensitivity to the environment.

Symptoms may be mild and merely annoying, or they may become severe enough to interfere with a person's daily activities, family life and career.

### **WHAT IS THE HUMAN ECOLOGY FOUNDATION?**

The Human Ecology Foundation of Canada is a charitable organization which helps people with environmental illness, by:

- ° providing information;
- ° counselling people on changes of lifestyle that may alleviate symptoms;
- ° finding sources of chemically less-contaminated food, water, clothing and household furnishings;
- ° educating others;
- ° encouraging physicians to become involved;
- ° promoting research; and
- ° promoting a healthier, less-polluted environment.



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### **REMINDER**

P.O. Box 11428  
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Ottawa, Ontario  
K2H 7V1

### **SOCIETY FOR CLINICAL ECOLOGY-ADVANCED SEMINAR**

**BANFF SPRINGS HOTEL**

**BANFF, ALBERTA**

**OCTOBER 4 - 7, 1982**

Dr. J. MacLennan, our Medical Advisor, advises that the Directors of the Society for Clinical Ecology have agreed to allow lay people to attend the seminar. The registration fee for H.E.F. members will be \$75, and will include a copy of the syllabus for the meeting.

A charter flight has been arranged through Travel Emporium, 3 Church St., Dundas, Ontario, L9H 2X8, Tel: (416) 627-9271. The flight, leaving Toronto October 2nd and returning from Calgary on October 9th, will be on a Nordair Boeing 737 with free meals and cash bar. The rate quoted is \$280.92. Anyone who wants to take advantage of this flight should contact Dr. MacLennan's office (614) 628-8241 in Dundas. *immediately*

The following accommodations are recommended:

#### **I Hotel**

Banff Springs Hotel (403) 762-2211, Full American Plan - 3 meals a day, 2 persons - \$182.50 per day, 1 person - \$135.00 per day.

#### **II Housekeeping**

1. Rundle Manor (403), 762-5544, 348 Marten St., downtown Banff. Steam heat. \$45.00 to \$80.00 per night - 2 to 8 persons per suite.

2. Driftwood Motor Inn, (403) 762-3727, 340 Marten St., downtown Banff. Steam heat. \$60.00 per night.

3. Castle Mountain Village, (403) 762-3868, P.O. Box 1655, Banff, Alberta, T0L 0C0 - 32 Km. west of Banff. Forced air - propane furnace in basement.

#### **III Motel**

Bow View Motor Lodge, Banff, Alberta. Ask for 3rd floor room facing the river. \$58.00 to \$72.00 per day in summer - reduced in fall. Hot water heating.



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K2H 7V1  
AUGUST 1982

A GENERAL GET-TOGETHER  
WILL BE HELD AT THE

ASSEMBLY HALL, MCNABB COMMUNITY CENTRE  
180 PERCY STREET  
7:30 PM, THURSDAY, OCTOBER 21, 1982

WHERE

MOIRA GELLER, PHYSIOTHERAPIST, WILL DISCUSS  
ALTERNATIVE RELAXATION TECHNIQUES FOLLOWING ON  
DOCTOR CAREY S. STEVENS' TALK OF SEPTEMBER 23, 1982

THIS IS AN OPPORTUNITY FOR MEMBERS TO MEET OTHER  
MEMBERS AND TO SHARE PROBLEMS, SOLUTIONS, RECIPES,  
ROTARY DIET INFORMATION, ETC...

THERE WILL BE ADDITIONAL RESOURCE PEOPLE PRESENT TO  
LEAD GROUPS ON TOPICS OF SPECIAL INTEREST

SO COME ON OUT AND PARTICIPATE IN YOUR BRANCH

PLEASE!!!

NO PERFUMES ::: NO SMOKING ::: NO AFTER-SHAVE  
MANY MEMBERS ARE HYPERSENSITIVE TO THESE PRODUCTS



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Toronto

P.O. Box 11428  
Station "H"  
Ottawa, Ontario  
K2H 7V1  
August, 1982

### Message from the President

Welcome new and former members to a new year. We were very successful in our recruitment of volunteers as witnessed by our new executive and chairpersons (listed on reverse). However we still require volunteers for typing, phoning, reviewing books and for general administrative duties. We also need members to assist the executive and chairpersons to carry out their duties, for example, someone to assist the president with the intention of becoming president-elect. Anyone who has experience in funding activities or the ability to organize would be most welcome in the funding position.

We are searching for a member who has aptitude in cartoon drawing. A cartoonist is needed for the H.E.F. Canada Quarterly.

We need people who have journalistic aptitude and interest and would like to gain experience or extend their experience in this vital field. If you are interested in becoming involved or in discussing any of these positions please contact Neil FitzPatrick (224-3774) or any member of the executive.

In closing, I would like to thank Mary Vulysteke, Marion Eadie, Bev MacCulloch, Faye Boggild, Janet Lee, Scotty Bruce, Pat Grant, Lee Gilmore and Niamh Sheehan for their assistance in the past months.

*J. Neil FitzPatrick*

J. Neil FitzPatrick  
President  
Human Ecology Foundation of Canada  
Ottawa Branch



## *The Human Ecology Foundation of Canada*

Hamilton

Kitchener

Ottawa

Toronto

*send reply to:*

P.O. Box 11428  
Station "H"  
Nepean, Ontario  
K2H 7V1

### OTTAWA BRANCH EXECUTIVE

1982-83

President	J. Neil FitzPatrick	224-3774
Vice-Presidents	Lynda Brooks	836-4565
	Diane Desrochers-Chase	230-3444
	Faye Georganas	728-3304
Treasurer	Diana Pedersen	230-4731
Recording Secretary	Alice McLaggan	722-2054
Corresponding Secretary	Susan Sheehan	828-5011
Chairperson, Education and Newsletter Editor	Estelle Drolet	825-4439
Newsletter Publisher	Mary Vuylsteke	820-4458
Chairperson, Membership	Patricia Grant	820-0697
Chairperson, Publicity	Martha Phemister	741-1461
Chairperson, Food	Susan Burroughs	737-7505
Chairperson, Wild Game	Lynda Brooks	836-4565
Chairperson, Funding	--	--
Chairperson, Volunteers	Dolores Lambert	838-5382
Librarian	Kathy Nihei	226-6443
Auditor	Richard Matte	731-4551

HUMAN ECOLOGY FOUNDATION OF CANADA  
OTTAWA BRANCH  
BOX 11428, STATION H, NEPEAN, ONTARIO. K2H 7V1

AUGUST 1982

Estelle Drolet - Editor

number 19

NOTE: Sensitivities are VERY individual. Each person may react differently to any given product. The final responsibility for using any product or suggestion mentioned in this Newsletter is that of the individual member.

H.E.F. GENERAL MEETING.

At the General Meeting on 28 April 1982 the election of officers took place (list of executive enclosed) and Dr. Lynn Marshall gave an excellent presentation on "Human Ecology, Including Allergies and Mental Health". The meeting was well attended and interest was keen, as indicated by the many questions directed to Dr. Marshall. Our next two general meetings will be held on 23 September and 21 October, 1982. Enclosed notices of these meetings should be retained as they will be the only notices sent due to postal costs.

In one of our future meetings we plan to have a specialist give a presentation on nutrition. Since this is a broad field we need input from you as to your needs and interests in nutrition in order to structure a presentation that will be relevant to members. Please contact one of the executive or write the H.E.F. at the above address as soon as possible with your needs and interests in nutrition.

\*\*\*\*\*

GLANDULARS IN HUMAN NUTRITION

Reference is made to our newsletter No. 17 (December 1981) and the article about Dr. Stephen Levine. A copy of a 4-page article on "Glandulars in Human Nutrition" written by Jonathan Rothschild, Stephen LEVINE, Ph.D. is on file in our library (file on Nutri-cology products).

The use of specific animal organs is said to alleviate secretory abnormalities of various hormones which may be responsible for certain disease states. There are 10 glands which are known to have endocrine functions: the pineal, hypothalamus and pituitary in the brain; the thyroid and parathyroid in the neck; the thymus in the chest; the adrenals, kidney and pancreas in the abdominal region; and the gonads in the pelvic area.

The article briefly describes: 1) the functions of the glands; 2) the new developments in the mode of action of oral glandulars; 3) the importance of the processing method.

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## PRODUCTS

Activated Charcoal (from coconut shells) and "purafill" are available in Ottawa from Walmar Ltd., 1 Caesar, tel: 225-9774. They will sell small quantities. For new members, "purafill" is potassium permanganate and is efficient in filtering reactive gases (ref: newsletter No.15 and "Common Sense for the Sensitive"). There are two qualities of charcoal. Top quality sells for \$8.50 per pound. If you wish charcoal filters for your furnace contact this company; they work in co-operation with Comstock International (on Carling Avenue) who makes the frames.

Pressed Charcoal Face Masks. The H.E.F. recently purchased a few boxes of these face masks at a reduced price from a West End company which went bankrupt. These will sell for \$1.75 each (incl. tax) and are available through Estelle Drolet (825-4439). Thanks to Mrs. Lynda Brooks for the timely tip.

Liquid Soap - Kloramine. Kloramine Mp2-4 is an allpurpose liquid soap (detergent) recommended by clinical ecologist/allergist Dr. John MacLennan of Hamilton, as being the most widely-tolerated product for the sensitive. Unfortunately the manufacturer will no longer sell small quantities. However, Mrs. Jennie Mansell, 242 Chartwell Rd., Oakville, L6J 3Z9 (tel. 416-845-5707) has purchased a 45 gallon drum and is selling it in small quantities. Price \$14.50 per gallon or \$1.40 per lb. It can be shipped at an extra cost of \$3.50 per gallon. Shipping is by United Parcel Service which charges a minimum weekly pickup fee, so parcels must be grouped and readers should allow several weeks for delivery.

Our President brought back a gallon from Hamilton when attending the Directors' Meeting. Since we have only this small amount at the moment, it will be dispensed in small quantities to chemically sensitive members who wish to test it for tolerance. It would be appreciated if members travelling in the direction of Oakville, or visiting Dr. MacLennan (825-4439) would be kind enough to bring back some of this soap for our Branch.

Bon Ami Powder and Cake. This product disappeared from supermarket shelves in the past year. Judging from advertisements in Organic Gardening, U.S. health magazines and women's magazines, Bon Ami is again available in the U.S. It is presumed that these products will make their way to Canada. If members spot this product in supermarkets or health food stores it would be appreciated if they would advise us.

Fire Retardants. Reference our newsletter No.17 and the topic of "Sodium Borax as a flame retardant in the manufacture of bed mattresses". Some chemically sensitive people require mattresses untreated with fire retardants, and certain people have reacted to sodium borax. For the information of new members, or those who did not send in their letter of "protestation", the Department of Consumer and Corporate Affairs replied as follows: "In an effort to reduce deaths and injuries from smouldering mattresses, a performance standard for the ignitability of mattresses by a smouldering ignition source was issued by the Canadian General Standards Board. The essence of any performance standard is that the product must perform in a prescribed manner without reference as to how the said performance can be achieved. Therefore,



the choice of method to ensure product compliance is totally in the hands of the manufacturer. He is free to choose any means available or to devise any process or material that will allow the product to comply with the standard. In this regard it should be clear that the Regulations do not specify that sodium borax or any other chemical must be used to achieve compliance. I also would like to point out that there is an exemption in the Regulations for "one-of-a-kind prescription mattresses". Anyone who must use a 100% cotton mattress, because of allergies, could have a mattress made up to their doctor's specifications under this exemption."

Both the H.E.F. National President and Medical Advisor have corresponded with the Dept. of Consumer and Corporate Affairs in order to resolve this issue. They have requested the Department to contact the Foundation for its input prior to presenting legislation of this nature in future.

Futons. Reference our newsletters Nos.15 and 18. Futons are a traditional Japanese-style mattress made with layers of cotton felting enclosed in unbleached cotton and hand tufted. About 6" thick. Futons made from "untreated material" (no fire retardants used) are available from Mr. Ron Farmer, the Dalai Lama's Bakery, 108 Queen St., PO Box 1105, Almonte, Ont. KOA 1A0. Tel. (613) 256-1833. Prices: Single \$90.00, Double \$105. Queen \$120. King \$165, plus 7% Ontario tax.

Also available are cotton pillows, buckwheat-hull pillows, printed colour covers, and quilts.

When buying stuffed cotton items remember to enquire about the stuffing. Generally, "natural" cotton used for upholstery has been chemically treated. Please verify with each purchase you make, as it may or may not be treated, according to the source.

Clothing. Linda Cartwright, Box 251, RR 1, Cantlv, P.O., JOX 1L0 Tel. 827-0244 or 993-3800. Linda has access to reasonably priced cotton and other natural fibre fabrics. She will also sew clothing and all-cotton dolls for others.

Mrs. F. Anderka, Tel. 832-2401 is a spinner and has some undyed wool yarn for sale.

Pearly Gates Farm. Tel. 489-3256 has wool fleeces for sale.

Vacuum Cleaner. The Nilfisk Company primarily manufactures commercial style vacuum cleaners, but a model suitable for home use is also available. These vacuum cleaners are powerful and totally contain the dust. The main standard filter is made of cotton. It can be combined with dust bags which provides a cleaner means of disposing of collected dust. The micro filter is efficient at 99.5% for 2 microns in particle size. To trap ultra-fine dusts or toxic dusts you can install the Nilfisk exhaust filter, and when exceptionally low noise level is important you can install a noise suppressor. The micro filter should be changed each year and the cartridge for the exhaust filter (1981 price \$92.00) every five years. A two-year warranty is offered when used for household cleaning. Brochures for the GS 80 Nilfisk vacuum cleaner and brochures describing the special filters are available from

our library. The costs are: GS 80 Nilfisk with standard attachments, micro filter, exhaust filter, \$575.66 plus Ontario sales tax \$40.00 (1981 prices). Address is: Nilfisk Ltd., 200 Connie Crescent, Unit 7, Concord Ont. L4K 1B1. Tel. (416) 669-6003.

The above information was brought to our attention through the AIA newsletter Allergy Shot, Vol. 17 - 1981.

Skin Care Products. Reference our last newsletter and the skin care products called Kallima. Another distributor for these products is: Miss Louise Shannon. Tel. 729-5939

#### FOOD.

Lactase Deficiency and "Lactaid". People who cannot tolerate milk products may be either allergic to the protein in the milk or have a deficiency of lactase, the enzyme necessary to break down the major \* sugar in milk (lactose) into two simple sugars--glucose and galactose. Our bodies produce the most lactase when we are born, and lactase activity stays high during infancy when milk is a major source of nutrition. Some people, however, stop producing lactase as they get older. (the change is inherited--that is, genetically controlled).

Without lactase the lactose in milk passes through the body. The unabsorbed lactose attracts fluid through the intestinal walls, causing bloating, cramps and diarrhea. When undigested lactose enters the colon it is fermented into acids that interfere with the body's ability to absorb water in the colon. The fermentation also produces carbon dioxide, which causes flatulence. Lactose intolerance is frequently unrecognized despite its easy diagnosis and treatment.

\*\* The most accurate and easiest test used to diagnose a lactose intolerance is the "breath hydrogen analysis". This test is based on the fact that if a large amount of undigested lactose passes into the large intestine, bacteria there begin producing large amounts of hydrogen. This hydrogen shows up in the breath, perhaps about an hour after the patient is given loads of lactose for the test. Lactose intolerance also can be detected when blood glucose levels fail to rise after a dose of lactose. Since this test involves blood samples over a period of several hours and most people aren't keen on needles, the breath hydrogen test is becoming very widely used.

Lactaid can be bought in pill form, powder or liquid. It contains lactase enzyme and predigests most of milk's lactose. Directions are on products. \*\*\*If you are severely lactose intolerant, though, you may need to reduce the lactose by more than 70%. You therefore have to double the amount of Lactaid; i.e. use 8 to 10 drops of Lactaid per quart and the lactose will be reduced by more than 90% in 24 hours. You can convert the lactose in two hours, if in a hurry, by adding the LactAid and then warming the milk to 90°F (33°C), no higher. Use the milk promptly since warm milk spoils rapidly. \*\*\* Lactaid treated milk will spoil more easily than regular milk. This is because bacteria, as well as humans, find it an easier food to live on. Therefore, always use absolutely clean utensils when mixing and always promptly refrigerate milk after treatment.

\*\*\*\* Yoghurt, buttermilk, cottage cheese (uncreamed), ricotta and English cheddars, brick, Brie, Camembert, Edam, Gouda, Limburger, Provolone and Stilton, have low amounts of lactose. The lactose in butter has already been broken down into simpler forms during the butter-making process. Ice Cream and sour cream should be avoided because they are high in lactose.

- \* Organic Gardening. 33 East Minor St., Emmaus, PA. 18049. June 1982
- \*\* Allergy Information Association. Rm. 7, 25 Poynter Drive, Weston Ont. M9R 1K8. The AIA has an Information Letter on this topic.  
Ottawa Representative for the AID is Mrs. Janet Barclay, Tel. 737-3397.
- \*\*\* LactAid direction pamphlet.
- \*\*\*\* Prevention Magazine. May 1982

Bread. Unleavened bread or bread leavened with eggs instead of yeast is available from Mr. Rossell Boyd of Natural Whole Foods, Tel. 822-1583. Mr. Boyd has a stone grain mill and grinds soft grains such as wheat, rye or corn, to make an additive-free bread.

Pullets and Cockerels. Mr. Boyd is now taking orders for organic pullets (5-6 lbs) and cockerels (8-9 lb.) to be ready for September or October. Cost about \$1.75 per lb.

Beef Liver, Heart and Tongue. These are available from Mr. Boyd, from strictly organic animals raised on a farm where chemicals have never been used.

Organic Vegetables. available this year at the Byward Market through Joline's Organic Market. Stall No.54 is located by the Siesta Café (across from Lapointe's Fish Market). The stall is manned full time from 9 a.m. to 4 p.m. Fridays, Saturdays and Sundays. There is also the possibility that it will be open sometimes on weekdays.

Suppliers' List. Changes. No. 8 - Glebe Natural Producers. Organically-grown lettuce and tomatoes are available through the winter.

No. 1. J.M. Ellis. Please change the telephone number from 821-1404 to 821-1759.

Wild Game. The H.E.F., Ottawa Branch, has purchased a freezer for storing moose, venison, bear, etc., now being handled by Mrs. Lynda Brooks of Kanata. Tel. 836-4565. Please annotate your Food List (no. 30) accordingly. Many thanks to Paul and Joyce Mulvihill for doing a tremendous job of organizing and handling wild game for the past five years.

## GARDENING.

In our last newsletter it was recommended that you obtain your natural bug control product - "diatomaceous earth" from a garden centre and not use the DE filtering medium used for swimming pools. As promised, verification on the difference between these two DE products was done

through Organic Gardening, Emmaus, Pa. They sent us a copy of a bulletin prepared by the manufacturer of Perma-Guard products, and I quote:

"Perma-Guard products composed of diatomaceous earth contain specifically stipulated diatomaceous earth that must meet certain critical standards in order for the products to effectively perform. The diatomaceous earth used in Perma-Guard products is natural material. The Manager of one of the large DE suppliers explains how DE is converted for use in swimming pool filters. 'Shapes of the diatoms used in most swimming pool filter materials differ from the shapes of those used in Perma-Guard products. The diatoms in the filter materials are mainly long and needle-like. The DE for use in pool filters is first air dried. It is then treated with soda ash and placed in a kiln. There the material is kept at a temperature of 2000°F for a period long enough to burn off some ingredients and for the tiny diatom shells to become molten. DE being amorphous silica in its natural state is changed chemically and physically into material best described as containing needle-like bits of glass having their entire surfaces coated with a glaze similar to that of a piece of glazed pottery'. Thus disappointment and undue hazards would result from attempting to use swimming pool filter DE to perform the functions of Perma-Guard DE products."

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Ref. our last newsletter - please annotate your copy to show that Silversprings Farm no longer sells horse manure. Horse manure is available - FREE - at a farm near Russell. Must be hauled away. Call 445-2976.

"A New Approach to Pest Control in Canada" by Prof. Ross Hume Hall is available - FREE - from Canadian Environment Council, c/o Environment Canada, Ottawa. K1A 0H3

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#### LIBRARY.

We wish to advise our members that our Librarian, Kathy Nihei, has pets in her house (cat, dog and birds). If you are severely allergic to these, please contact Kathy by phone, advising her of the time of your visit and the books you wish to take out. The required books and information materials will be handed to you at the door.

#### BOOKS.

The First Clinical Ecology Cookbook - by Rita Greer -(from U.K.)  
Recipes for cooking without gluten, cholesterol, artificial additives, refined sugar, albumen and milk; low in sodium and saturated fat. Symbols are used at bottom of each recipe to indicate any or all of the above. Book now in HEF library. Can be purchased from Society for Emotional Development in Children, 1181 de la Montagne, Montreal, P.Q. H3G 1Z2. Cost \$6.00

BOOKS (Continued)

Endangered Species. This is the personal story of Mrs. Mary Nelson of Winnipeg. It was sent to us as a gesture of appreciation for the help received from the HEF and the possibility that it might help other members. Written with humour, she relates her personality problems as a child and her varied physical symptoms affecting many major organs. Her brain functions diminished over the years and she voluntarily committed herself to a psychiatric institution in 1963. She relates her in's and out's of hospitals, including how it affected her marital life. It was not until 1979 that she was finally diagnosed as suffering from multiple complex allergies, and referred to as a "universal reactor". Through proper treatment and correct diagnosis of allergies, Mrs. Nelson has finally found relief from both physical and mental problems and is expressing her gratitude to the HEF.

Book List. The National HEF Newsletter, Fall 1981, included a book list on allergies, environmental illnesses and nutrition. These books may be purchased from Dickey Enterprises, 635 Gregory Rd., Fort Collins, Colo. 80524. Members who have joined since that time and who wish to obtain such a list can do so by contacting our new membership person, Pat Grant, at 820-0697.

THE FOOD GAME - Ref. our newsletters Nos.17 and 18. The Food Game and "Self-Help Survival Kit" was created by Sally Rockwell, a nutritionist from Seattle, in an effort to solve some of the daily problems of rotation diets. The key point of the game is color-coding, so that everything to do with food -- cupboards, canisters, shopping lists -- has color stickers to indicate which food for which day. The kit contains a master wall chart on which foods are automatically rotated, a booklet-- "Guide for the Food Allergic Patient" by J. Boyles, M.D., basic guidelines, helpful hints, recipes (gluten-free crackers and cereals; dairy-free butters, spreads and salad dressings), daily menu plans, coded shopping lists, daily diary forms for recording foods and symptoms, self-stick labels, etc. Following is the new address and price:

Sally J. Rockwell, PO Box 15181, Seattle, Wash. 98115.

Price \$15.95 (U.S. funds if ordered from Canada; \$13.95 U.S. if ordered in U.S.)

A copy is being purchased for our library.

FORMALDEHYDE. Mr. Bruce Small, P.Eng., past president of the HEF Toronto Branch, has done extensive research on formaldehyde and has put together a small book on this topic. A copy will soon be in our library. Mr. Small's address: RR 1, Goodwood, Ont. L0C 1A0

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READING BOXES. Some members are interested in obtaining reading boxes in order to avoid the chemical fumes from printed materials. Are there any members who would be interested in making boxes for people who are unable to make their own? If so, please contact a member of the Executive of HEF.

## ORGANIZATIONS

The Home Care Division of Extendicare Ltd. is providing a service called PROTECT ALERT to Ontario residents. Now and then, people living alone worry about what they would do if they needed help in a hurry. The Protect Alert service provides you with a small transmitter and a base unit which is connected to your telephone line. In an emergency just press the button of a small portable transmitter. The base unit is activated and immediately signals your file code number to the Response Center. The help that you previously specified would be on its way. A one-time setup and installation charge is \$25 plus a monthly fee of about 70 cents per day. Protect Alert Info Centre is in Toronto, tel. 864-9600. For the rest of Ontario call toll free 1-800-268-9567.

\* \* \* \*

The Rappaport Health Research Institute is a non-profit organization offering a biochemical-nutritional approach to emotional, mental and physiological problems. Headquarters is at 5471 Westminster St., Cote St. Luc, P.Q. H4X 2A4. Tel. (514) 481-8197 or 481-8198. A few pamphlets in both French and English have been placed in our library.

\* \* \* \*

HANDI-HOUSE is a store catering to the needs of all disabled persons. They carry a full range of items, including lightweight cutlery with easy-grip handles, left-handed scissors, cordless remote control for turning on TVs or opening doors, bathroom equipment, etc. Delivery is free. Address: east of the Civic Hospital, 943 Carling Ave., at Sherwood Drive. Tel. 728-1115.

\* \* \* \*

Scientists at the University of Houston discovered that rabbits could tolerate the hazards of a high-cholesterol diet if they were petted daily. (Science, June 1980).

(From the newsletter Eat, Drink and Be Merry - Naturally, put out free by the Whole Life Clinic, 99 Avenue Road, Ste. 306, Toronto. M5R 2G5. Clinic Director: Dr. Gerald Green).

\* \* \* \*

## WATER

The topic of Water was covered in a 10-page article in our newsletter No.9, January 1979. Since we often get requests from new members on where to purchase acceptable water for the chemically sensitive, we are reprinting a part of that particular newsletter, plus additional information on water purifying units. Due to each person's body "idiosyncrasy", sensitive people will react to some spring water even though it is not contaminated with unwanted chemicals.

Spring Water can be purchased at supermarkets, health food stores, Silverspring Farm on Richmond Road, and from various water distributors listed in the yellow pages of the telephone book. A lot of distributors have switched from glass containers to plastic pouches for quicker and easier handling. Glass containers were, by law, sterilized with an antibacterial agent, to which some highly-sensitive people reacted. If you think you are not tolerating the water due to the plastic container you may wish to buy or rent the 5-gallon glass units seen in some offices. Some bottled waters sold in supermarkets do not meet the required bacteria standards of tap water, as reported by CBC's Market Place (newsletter No.9). Please note that many water purifying units and water distillers are not satisfactory.

Following is a reprint (in part) from our referenced newsletter on the topic of distillers: "Mr. C.M. Nickel, President of Health Ecology System Co., Clovis, New Mexico, researched the subject of water ecology in order to prepare a monograph for a book in preparation. He states the following: "on the basis of the Charles Law of gases and the Kinetic Molecular Theory of gases, distilled water is not pure, but is polluted by whatever gaseous chemicals are present in the original waterstock which was loaded into the still.

When still-stock is heated, water has the characteristic of becoming a vapour. The other gases such as dissolved nitrogen, free hydrogen, free oxygen and chlorine, also evaporate during the heating process of the still-stock. It is also true that some of the organic gaseous chemicals evaporate, based on the Kinetic Molecular Theory. All these vapours travel through piping to the condenser of the distilling system. When the water vapour resumes its original liquid form in the condenser, it locks in the water-soluble gases and produces not pure water but a solution that has been only partially cleaned up. This may be the reason why some hypersensitive persons react even to triple-distilled water.

It has been established that chlorine will evaporate into the atmosphere from ordinary tap water when it is boiled in an uncovered vessel. This principle should apply to the other water-soluble gases. It would seem, therefore, proper for a hypersensitive individual to boil the distilled water for at least 20 minutes to achieve maximum elimination of water-soluble gases and gain additional protection against the pollutants. This suggestion is purely theoretical but appears worth testing." (1)

A letter to HEF from the Ontario Ministry of Environment, October 23, 1978, stated "if one were particularly concerned about volatile haloforms which may be in the water as a result of chlorination there would be a tendency toward concentrating them by distilling the water." (2)

"People who own box-type distillers or closed systems (in which tap water is not continuously fed) should reject the first effluents containing more volatile impurities and retain the middle fractions. The distillation chamber should be periodically cleaned to remove non-volatile residues." (3)

Available now on the market is a new type of water distiller, using a new process called "fractional distilling". "Fractional distillers are more effective in removing halogenated impurities (like chloroform) than

simple distillation equipment." (4)

In Ottawa, fractional water distillers are available from Preservation Technology, 403 - 396 Cooper St., K2P 2H7. Tel. 236-3484. Their models, which yield 2½ gallons or 5 gallons of distilled water in 12 hours' operation, cost \$549 and \$845 respectively. The 2½gallon model is especially designed for people who may not need a high volume of new water. This company offers a 10% discount to HEF members who produce a valid HEF membership card. Provided by Preservation Technology and placed in our library are the following:

Information pamphlets on the "New World Distiller"

An article from Prevention Magazine, Feb. 1980

"Drinking for Health" by Robert Rodale

You are the Guinea Pig, and

Fluoridation - prepared and published by National Fluoridation News, Rt.1, Gravette, Arkansas 72736.

Pure Water? - Consumers' Research Magazine. Sept. 1978

Activated Charcoal Water Purifying Units. Some time last year the Ottawa Citizen carried an article on the possibility that the Dept. of Health and Welfare would ban the use of activated charcoal water purifying units due to a high bacterial growth on the filters.

We wrote to the Health Protection Branch of that Department for further information. Information Letter #601, 14 May 1981, to Manufacturers and Distributors of Water Treatment Devices on point-of-use water treatment devices, stated:

"The Health Protection Branch has been involved in the testing of point-of-use water treatment devices for over three years. In that time we have investigated the efficacy and potential micro-biological problems of many devices, including those containing activated carbon to remove taste and odours and specific substances.

In the course of testing the devices we have determined that a potential health hazard can arise due to bacterial growth on the carbon bed on the filters. Consequently, in order to eliminate this potential health hazard, I propose to recommend that steps be taken under the authority of the Hazardous Products Act to prohibit the sale of 'point-of-use devices that are used in the household for the treatment of potable water and that contain activated carbon, granular activated carbon, or charcoal, not including those devices that disinfect water after it passes through the carbon bed'. For these purposes, the bacteriostatic action of silver is not considered to be disinfection".

A 14-page report (also available in French) was included, entitled "The Hazards of Using Point-of-Use Water Treatment Devices Employing Activated Carbon", dated December 1980. On page 7 it states: "in addition to the microbiological problems, studies of chemical removal have shown that the devices often give unsatisfactory removal of trihalomethanes, total organic carbon (purgeable and non-purgeable) and total available chlorine. The limited efficacy coupled with the problem that the consumer has no means whereby he can determine whether the filter's effective lifetime has been exceeded, indicate that these devices are not particularly useful nor desirable in the home."

The concluding paragraph states: "A Review of the scientific



literature has shown that bacteria, including bacteria pathogenic for man, proliferate on activated carbon filters that have been in use for several days or weeks. These pathogenic organisms have been implicated in serious illness and death of susceptible individuals, including new-born, immunologically-deficient individuals, and burn and surgery patients. Otherwise healthy individuals may be susceptible to ear or upper respiratory tract infections. A petition made to the Product Safety Commission in the United States that proposed to ban carbon-only filters was denied. According to documentation received from this hearing, the sole basis for the denial of the petition was that 'present data do not support the contention that there is a bacterial build-up on the filter'. The additional data reviewed here clearly establish such a build-up of bacteria. The evidence is considered to be adequate documentation of a significant health risk to humans by use of these devices on municipally-treated water. The opportunity for misuse of these devices by treating raw water further increases the risk. Activated carbon filters should not be used for the treatment of potable water unless adequate disinfection of the water after filtration is carried out prior to consuming the water."

Other information included from the Health Protection Branch:

- A 5-page pamphlet entitled "Effects of Activated Carbon and Bacteriostatic Filters on Microbiological Quality of Drinking Water", by R.S. Tobin, D.K. Smith and J.A. Lindsay.
- A 139-page book from Health & Welfare entitled "Survey and Test Protocols for point-of-use Water Purifiers".

This book covers the following means of purification: chlorine, iodine, ozone, ultraviolet water purifiers, silver, bacteriostatic filters (silver/activated carbon), distillation type water purifiers, reverse osmosis, ultrafiltration units, activated carbon filtration units, organic removal, trace metals, asbestos fibre removal.

Many filtration units use silver. The section of this book which deals with trace minerals (pp 102 and 103) warns of possible side effects:

"The role of silver in these units is considered to be the inhibition of growth of microorganisms on the filter support. Certain of these bacteriostatic type units significantly increase the silver concentration of the treated water. Silver is not considered highly toxic. Argyria, the pigmentation problem, is the major known health concern, although some physiological effects have been reported in test animals receiving higher concentrations ( $>400 \mu\text{g/l}$ ). By increasing the silver concentration in drinking water one is introducing a hitherto unknown factor, i.e. the effect on humans of chronic intake of low concentrations of ionic silver. In the light of the considered accumulative and irreversible nature of silver adsorption and the potential of increased silver concentrations in treated drinking water, further review is recommended."

#### References:

- 1) The Ecologist, Feb. 1978, publication of the Human Ecology Action League, Chicago, Ill.
- 2) "Survey and Test Protocols for Point-of-Use Water Purifiers", from Health & Welfare Canada 77-EHD-8 (page 76).
- 3) Virginia Salares, Ph.D.
- 4) Prevention Magazine, Feb. 1980 and Virginia Salares, Ph.D. in Chemistry.

Since the above information was received, read and prepared for the HEF Newsletter, Health & Welfare Canada has had a change of heart, and the ban proposal has been withdrawn. The following information came to our attention through the Ottawa Citizen of June 29, 1982.

Instead of the ban, manufacturers and sellers of the filters have agreed to follow new rules in their advertisements for the filters and will print a warning that the filters "must not be used where water is microbiologically unsafe or where the water is of unknown quality, because of the possibility of increasing bacterial quality". Dr. Richard Tobin said the hazard is mainly for people in rural areas, or cottagers who may try to use the filters to remove bacteria from their water. Treated urban water should already be bacteria-free.

The Canadian Water Purification Association, which represents about 300 filter manufacturers, distributors and dealers, vigorously lobbied against the proposed ban. On the other hand, Wendy Barker, President of the Manitoba division of the Consumers Association of Canada, said the voluntary guidelines and printed warning are not enough. Her organization has recommended that the federal government ban the filters.

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